

CLAIMS

What is claimed is:

- 1) A device for stretching the muscles in the chest, shoulder, neck and upper back to relieve tension related muscle problems comprising:
 - a) A platform comprising a generally flat longitudinally extending area comprising a top surface and a bottom surface wherein the top surface is padded for a user's comfort;
 - b) A plurality of legs attached to the bottom surface of the platform for positioning the device at an angle to a horizontal surface; and
 - c) A rotating handle bar slidably attached to the bottom of the platform and adapted to allow the user to stretch his or her muscles through sliding movement of the bar in a direction generally perpendicular to the top of the platform.
- 2) The device according to Claim 1 whereby the handle bar is adapted to be rotated to a series of fixed positions relative to the top of the platform so as to increase or decrease the stretching movements of the user.
- 3) The device according to Claim 2 whereby the device is further adapted to provide resistance when the handle bar is slidably moved by the user.
- 4) A method for stretching chest, shoulder, neck and upper back muscles of a patient to relieve tension related muscle problems comprising:
 - a) Providing a device comprising a platform comprising a generally flat longitudinally extending area comprising a top surface and a bottom surface wherein the top surface is padded for the patient's comfort, a

plurality of legs attached to the bottom surface of the platform for positioning the device at an angle to a horizontal surface and a rotating handle bar slidably attached to the bottom of the platform and adapted to allow the patient to stretch his or her muscles through sliding movement of the bar in a direction generally perpendicular to the top of the platform;

- b) Positioning the patient on the platform of the device;
 - c) Engaging the patient in stretching exercises by setting the rotating handle bar to a position relative to the top of the platform; and
 - d) Directing the patient to slidably move the rotating handle bar a plurality of times to stretch out muscles.
- 5) The method according to Claim 4 whereby the patient engages in progressively more strenuous exercises by setting the rotating handle bar to positions that create progressively more strenuous exercise.
- 6) The method according to Claim 4 whereby the device is adapted to provide resistance during the stretching exercises.
- 7) The method according to Claim 6 whereby the patient engages in progressively more strenuous exercises by increasing the amount of resistance.